LAYMAN'S GUIDE TO DEALING WITH DIOXIN

1. Personal Treatment
   a) Chlorella: Reduces absorption and accelerates excretion.
      I. Source: https://academic.oup.com/jn/article/129/9/1731/4721913
   b) Xanthohumol: Reverses DNA damage caused by dioxin.
      I. Source: https://onlinelibrary.wiley.com/doi/abs/10.1002/jat.3613
2. Water Treatment
   a) Reverse osmosis: Best option but it produces toxic waste water.
      I. Source: https://www.mdpi.com/1660-4601/5/5/356
   b) Activated carbon: Reduces dioxin but may not be sufficient.
      I. Source: https://www.sciencedirect.com/science/article/pii/S0008622399002080
   c) Distillation will not work: Many dioxins are volatile and will vaporize.
   d) Ceramic filters will not work
3. Food Treatment
   a) High fat foods have a greater risk of contamination (pork and fish)
   b) Oils can be filtered with activated carbon
      I. Source: https://link.springer.com/article/10.1007/s11746-005-1114-1
   c) Cut thin or mash/blend your food then wash with liquor or oil (sunflower or olive oil)
      I. Discard the liquor or oil after it has been used.
      II. You can treat the liquor or oil with UV light to degrade the dioxins
4. Soil Treatment
   a) Washing with ethanol or vegetable oil (sunflower or olive oil is best)
      I. Irradiate soil and solvent with artificial UV light for 1 week or sunlight for 2 months.
      II. Ethanol and oil can be filtered with activated carbon and reused.
      III. Ethanol can be reused until alcohol content degrades to 70%.
      IV. Ethanol can be re-distilled and reused.
      V. Source 1: https://pubs.acs.org/doi/abs/10.1021/es000190d#
      VI. Source 2: https://www.jstage.jst.go.jp/article/jcej/38/5/38_5_360/_article/-char/ja/
   b) Extraction by planting corn or sunflower
      I. Source: https://www.degruyter.com/document/doi/10.2478/s11535-010-0116-z/html
   c) White rot fungus remediation
      I. Source: https://link.springer.com/article/10.1007/s00253-005-1947-9